




### Product Spotlight: Free-range Eggs


Did you know you can add crushed egg shells straight to the soil in your garden? While it might not help this season's plants, it will help to add calcium directly to the soil as the shells decompose.



## Mexican Beef and Eggs with Flatbread

Perfectly cooked eggs in a flavourful Mexican beef and tomato sauce, topped with a colourful salsa and served with warm flatbread.

 25 minutes

 4/6 servings

 Beef

### Spruce it up!

*You can add lime juice, fresh coriander or jalapeño chillies to your toppings if you have some. A dollop of yoghurt or sour cream on top of the eggs also works well!*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	44g/47g	29g/35g	41g/45g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BEEF MINCE	600g	600g + 300g
BROWN ONION	1	1
TOMATO PASSATA	1 jar	1 jar
FREE-RANGE EGGS	6-pack	6-pack
GREEN CAPSICUM	1	2
AVOCADO	1	2
TOMATOES	2	3
LEBANESE FLATBREAD	1 packet	2 packets

## FROM YOUR PANTRY

oil for cooking, smoked paprika, ground cumin

## KEY UTENSILS

large frypan with lid, frypan or griddle pan

## NOTES

Toast the flatbread in a sandwich press or the oven if preferred. You can also cut it into triangles for scooping.

**No gluten option** - Lebanese flatbread is replaced with 300g basmati rice (6P - 450g basmati rice). Place rice in a saucepan and cover with 600ml water (6P - 900ml water). Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 1. SAUTÉ THE BEEF & ONION

Heat a large frypan over medium-high heat with **oil**. Add **beef mince**. Chop **onion**, add to pan with **1 tbsp smoked paprika** and **1 1/2 tbsp cumin**. Cook for 5 minutes, until fragrant and browned.

**6P** - use 1 1/2 tbsp of each cumin and smoked paprika.



### 2. ADD THE SAUCE AND EGGS

Pour **passata** into pan and stir to combine. Crack in **4-6 eggs**. Cover and cook for 8-10 minutes or until **eggs** are cooked to your liking.

**6P** - add 1/2-1 cup water and crack in 6 eggs.



### 3. PREPARE THE TOPPINGS

Meanwhile, dice **capsicum**, **avocado** and **tomatoes**. Toss together and set aside (alternatively serve separately).



### 4. WARM THE FLATBREAD

Heat a frypan or griddle pan over high heat (see notes). Toast **flatbread** in pan for 30 seconds each side. Keep warm in a clean towel.



### 5. FINISH AND SERVE

Scatter **toppings** over **Mexican eggs** and serve with **flatbread**.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

